

Outdoor Recreation

River House

301 N. Adams St., Eugene 97402

Bus #40, 52

Phone: 682-5329 Fax: 682-6319

Hours: Noon-4p M-F *Se habla español*

Web site: www.eugene-or.gov/rec,
then click on "Outdoor"

Outdoor Program Manager: Craig Smith

Outdoor Program Supervisors: Roger Bailey,

Kellie Nemke, CTRS, Spencer Butte

Challenge Course

Team Adventure Coordinator: Isaac Markehe

Urban Outdoor Adventures Coordinator:

Aimee Goglia

Office Coordinator: Toni Perez

As part of Youth & Family Recreation Services, the Outdoor Program mission is to create opportunities that inspire lifelong passion to imagine, explore, learn, grow and contribute.

Challenge Course is All About Team Building ♥

The Spencer Butte Challenge Course offers an experiential learning adventure that can transform your group into a high performing team. By letting experience be the teacher, team members actively explore their abilities, learn team skills, and build relationships.

Challenges emphasize the benefits of group cohesiveness and the ability of people who work together to achieve more than any individual working alone. It's excellent for adults, youth and teens, as well as corporate teams. Superior equipment ensures your safety, and course facilitators make participants feel secure, respected, and motivated for success.

Here's what some recent participants had to say about their experience at the Spencer Butte Challenge Course:

"I expected a physical and mental challenge, but didn't realize how exhilarating it would be."

– Adult Participant

"The most important thing I learned was to believe in myself. I learned with other's support and persistence, I can do anything."

– Youth Participant

Non-city residents are assessed a 20% surcharge for registered activities & rentals.

"I learned a lot about myself as an individual and the part I play on a team."

– Teen Participant

"I am confident in the future, when faced with a particular challenge, we will remember our ropes course experience and call upon it to successfully meet the challenge. . . ."

– Company Executive

For more information on how your class, club, sports team, or any group of people can experience the benefits of the Challenge Course, contact Kellie Nemke at 682-6324.

Alpine Ski Volunteers Needed! ♥

Alpine Adventures is the premier downhill ski program in this area for youth and adults with disabilities. Dedicated volunteers are needed Fridays, January-March, to assist with instruction and general procedures in adapted downhill skiing. Must be intermediate or better skiers, but no previous knowledge of adapted skiing is necessary. No cost to volunteers; training, transportation and lift tickets to Hoodoo Ski Bowl provided; bring your own lunch on ski days. Ask about college credit. Contact Kellie Nemke, 682-6324, or Kellie.l.nemke@ci.eugene.or.us for information.

PROGRAM INFORMATION

General Policies

- Information sheets and equipment lists for overnight trips and some day trips will be distributed at registration or pretrip meetings.
- Attendance at pretrip meeting is required.

Age Requirement

Minimum age for all activities is 16, unless noted otherwise. Ages 14-15 can attend some adult activities with permission of a guardian and the instructor of the program.

Special Use Permit

The Outdoor Program operates under a Special Use Permit in the Willamette, Deschutes, Siuslaw, Siskiyou, and Umpqua National Forests. The Forest Service and the City of Eugene are equal opportunity employers.

*Scholarships are available.
See page 54.*

URBAN OUTDOOR ADVENTURES

Tree Climbing – Fall Colors ♥ *Ages 10 & up*

What better way to enjoy the change of the seasons than being aloft, intermingling with the leaves of a native White Oak transitioning to winter? All equipment and instruction provided for this beginning tree climbing experience. Pre-registration is required.

River House
Oct 21 Sa 11a-3p \$20 #70593

Family Drumming Circle ♥ *All ages FREE!*

A monthly outdoor drumming event for the whole family. We'll be in the River House if the weather is inclement. Otherwise we'll be at the small amphitheater behind the River House. Some drums available to use. Bring your own if you have one.

River House
Sep 19, Oct 17, Nov 21, Dec 19 Tu 6-7:30p
Also see Hand Drum Club, page 17.

ART OUTDOORS

Painting Outside the Box **NEW!**

Take your creativity outdoors and paint on location, or, as the early impressionists called it, *en plein air!* This class is for all painting, drawing, and collage mediums and all ability levels. Some painting materials available for loan. For more information call Isaac Markehe at 682-6321.

Meet at Petersen Barn, 870 Berntzen;
transportation provided to different locations.
Sep 22-Nov 3 F 9a-2p \$55 #70592
No class Oct 13.

Watercolor on the Willamette **NEW!**

Beginners to experts, take a trip down the scenic Willamette River and bring your paints with you! This outing will travel via rafts to an island on the Willamette River for a four hour painting session. Water color supplies are available for loan. For more information call Isaac Markehe at 682-6321.

Meet at River House
Morning trip Sep 2 Sa 6a-Noon \$15 #70594
Evening trip Sep 9 Sa 2:30-8:30p \$15 #70595



PHOTO BY RECREATION STAFF

FAMILY CANOEING

Family Clear Lake Canoe ♥ *Ages 9 & up*

See reflections of brilliant fall colors as you paddle around this crystal clear lake. Red vine maple and dark lava rocks provide a rich contrast of color. Explore the headwaters of the McKenzie River. Dress for the weather, bring water and pack a hearty lunch.

Meet at River House
Sep 16 Sa 8:30a-5:30p \$15 #70761

Family Waldo Lake Canoe ♥ *Ages 9 & up*

Among the purest lakes in the world, Waldo is a high mountain gem. Explore the southern shore and coves in the "Spirit of Eugene," a highly stable 29-foot Langely canoe. The views of Diamond Peak, Waldo Mountain, and the nearby peaks will surround you. Dress for the weather, bring water and pack a hearty lunch.

Meet at River House
Sep 23 Sa 8:30a-5:30p \$15 #70762

Outdoor Recreation

KAYAKING

Kayak Pool Sessions ♥ Ages 12 & up

Instruction and equipment provided! Three-week lesson series focuses on honing your roll, and improving your paddling skills.

Echo Hollow Pool, 1655 Echo Hollow Rd.
Oct 3-17 Tu 8:30-10p #70756
Dec 5-12 Tu 8:30-10p #70758
\$45 per 3-week session, or \$35 w/ own equipment.
Drop-ins \$4, own equipment, no instruction, space available basis.

Kayak Water Polo ♥ Ages 12 & up

Sharpen your kayak skills by playing kayak water polo indoors. Drop-in sessions and pick-up teams. Fast-paced, loads of fun, and suitable for most skill levels. Life preserver, helmet (face guard recommended), kayak, and paddle required. Beginners must be able to safely wet exit without supervision.

Echo Hollow Pool, 1655 Echo Hollow Rd.
Oct 24 Tu 8:30-10p #70751
Nov 7 Tu 8:30-10p #71518
Nov 14 Tu 8:30-10p #71519
Nov 21 Tu 8:30-10p #70752
Dec 19 Tu 8:30-10p #70753
\$4 per session, \$10 with boat rental.
Boat renters must pre-register.



PHOTO BY RECREATION STAFF

Whitewater Kayak Day Trips

♥ Ages 12 & up

Led by skilled instructors and designed to help improve kayak and safe boating skills. Level I outings are on Class 2 whitewater and Level II on Class 2-3 whitewater. River sections chosen based on water levels. Pre-requisite: recent Level I-II whitewater kayak instruction. Kayak roll recommended and all the items on the clothing check list are required.

Meet at the River House

Level I			
Sep 17	Su 8a-5p	\$52	#70746
Sep 24	Su 8a-5p	\$52	#70747
Level II			
Oct 1	Su 8a-5p	\$52	#70748
Oct 8	Su 8a-5p	\$52	#70749

SAILING

Sailing Level I ♥

For beginners. A 3:1 student-instructor ratio means safe, personal and fun learning. Gain a solid foundation in sailing including lots of practice, terminology, knots, rigging and safety.

Classroom	Sep 12	Tu 7-9p	at the River House
On the water	Sep 16-17	SaSu 9a-5p	\$200 #70767 at Fern Ridge Lake
Classroom	Sep 19	Tu 7-9p	at the River House
On the water	Sep 23-24	SaSu 9a-5p	\$200 #70768 at Fern Ridge Lake
Classroom	Sep 26	Tu 7-9p	at the River House
On the water	Sep 30-Oct 1	SaSu 9a-5p	#71468 at Fern Ridge Lake

Sailing Level II & ASA Basic Keelboat Prep ♥

Instruction focusing on safe boat handling in all local conditions – heavy and light air, close quarters, anchoring and motoring. Includes the option of ASA Basic Keelboat Certification, the national standard for boater education.

Classroom	Oct 6	Tu 6-8p	at the River House
On the water	Oct 7-8	SaSu 9a-5p	#70774 at Fern Ridge Lake

\$200 without certification, \$280 with certification.

SURFING

Try Surfing!
Day Clinic or Weekend Outing
♥ **Ages 13 & up NEW!**

Beginner surf instruction covers all of surfing's fundamentals, emphasizing ocean safety. Qualified instructors teach the basics, provide a safe learning environment and the knowledge needed to advance. You'll probably be hooked for life! Instruction is at Otter Rock. Boards and wetsuits included. Basic requirement: ability to swim and tread water.

Day Clinic

Meet at River House

Sep 30 Sa 7:30a-6p \$55 #70821

Bring a hearty lunch with plenty of snacks.

Also bring swimsuit, 2 water bottles, sunscreen, towel & change of clothes.

Weekend Outing

Pretrip Oct 10 Tu 7-9 p at the River House

Trip Oct 14-15 SaSu 7:30a-6p \$140 #70801

Dinner is your cost on Saturday. We provide breakfast Sunday and lunch Saturday & Sunday. Some camping equipment available for loan.

SKIING & SNOWSHOEING

Snowshoe Level I ♥

Join Dave Walp, professional guide and naturalist. Learn about snowshoes, bindings, footwear, and techniques at the pretrip meeting. Then, focus on practicing skills, tracking wildlife, and having fun on snowshoes! Participants rent snowshoes for one full day tour. Pre-requisite: ability to hike 3-5 miles on uneven terrain. Transportation provided.

Pretrip Dec 13 W 7-9p at the River House
Trip Dec 16 Sa 8a-6p \$40 #70764

Pretrip Jan 10 W 7-9p at the River House
Trip Jan 13 Sa 8a-6p \$40 #70765

Cross Country Skiing,
Beginning Lesson Series ♥

Taught over two full days and evenings. Evening sessions include clothing and equipment selection, trip planning, ski waxing, and emergency repairs. Thoroughly covers skills needed for competent cross country skiing on and off trail.

Classrooms Dec 6, 13 W 7-9p at the River House
Trips Dec 9, 16 Sa 8a-6p \$65 #70763
Trail passes included.

Cross Country Ski
Yellowstone National Park ♥

Offered in cooperation with the Portland Outdoor Program. Yellowstone is one of the most amazing places in the world. Winter is the best time to experience it. The extensive trail system has plenty for skiers of all abilities. The pretrip meeting is required. Visit the web site for more information.

Pretrip Jan TBA 7-9p at the River House
Trip Feb 6-12 Tu-M #70780

Registration deadline Dec 5.

Fee \$1589, depending on air fare. Fee includes round-trip flights, ground transportation, Yellowstone lodging & leadership. Meals extra.

FREE YELLOWSTONE SKI INFO NIGHT!

Slide show and question and answer evening. See what the trip looks like and ask questions.

Campbell Community Center, 155 High St.
Oct 25 W 7-9p Free

Tele-Fest ♥

Offered in partnership with Berg's Ski Shop. Saturday is tele-fest and Sunday is skate, track and tour-fest. Includes informal clinics for beginning through advanced telemark skiers, races, demos, raffles and events. For more information call Berg's Ski Shop at 683-1300, or visit www.bergsskishop.com.

Hoodoo Ski Area

Jan 6 Sa 9a-5p

Fees are collected at registration table.

TRAININGS & CERTIFICATIONS

Wilderness First Aid *Offered by
Wilderness Medicine Institute of NOLS*

Fast-paced, hands-on class covers wilderness medicine topics for people who travel, work and play in the outdoors. Course is pre-approved by the American Camping Association, U.S. Forest Service, and other governmental agencies. It may be used for Wilderness First Responder and Wilderness EMT recertification. Call 682-6324 for details. To register, visit www.nols.edu/wmi/ or call (307) 332-7800. Instructor: Roger Bailey.

Petersen Barn Community Center

Nov 4-5 SaSu 8a-5p \$175 #71167